



**Don't forget to CELEBRATE your 4-H pride this year during  
National 4-H Week - OCTOBER 4-10, 2015**

**Put your club in the spotlight by reaching out to local media,  
businesses and organizations and tell them all about 4-H.**



# Poultry Project

## Backyard Poultry Workshop

Topics to be covered include:

- Chicken health and biosecurity
- Chicken nutrition and management
- Chicken selection
- Chicken coop and chicken tractor designs
- Chickens in the garden
- Wildlife mitigation

**Saturday, October 17, 2015**

**9:00 a.m. until 12:00 noon**

Country Kitchen  
Flathead County Fairgrounds

Presented by Laura De Nitto and Kristin Whisennand  
Call the Extension office at 758-5553 to register. Space is limited.

### Project Interviews

#### 4-H Projects



Once you've completed your record books for the 2014-2015 4-H year, and your leader has signed-off on your work, you are eligible and encouraged to take part in *Project Interviews*. Interviews are given by 4-H volunteer leaders who are excited to hear about your projects highlights and accomplishments.

Pick-up the one-page *Project Interview* application in the office or print it off the website at [www.flathead.mt.gov/extension](http://www.flathead.mt.gov/extension). Applications due **Wednesday, November 4<sup>th</sup>** to the Extension Office. Interviews will be held in the 4-H Bldg on the Fairgrounds on Wednesday, November 12<sup>th</sup> from 3:30 -6:30pm.



### **Market Livestock Buyer “Thank You” Procedure Following the Sale**

#### **Don't forget to thank your buyers.**

The success of the Livestock Sale depends on the kindness of community businesses and individuals, and it's important that all our 4-H members thank them for their generosity. You can pick up your photo for your buyer's thank you at the Extension Office. Once a member delivers a “thank you” gift to their buyer, they must return the confirmation form to the Extension Office by **December 1, 2015.**

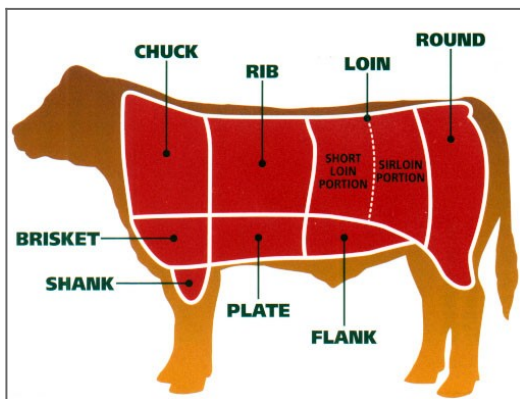


# Club Treasury Reports are Due to the Extension Office Oct. 28th

If your group has a 4-H checking or savings account, you **MUST** complete a club treasury report for the IRS.

All Year-end Financial Summary reports must be filled out **completely** and accurately to be in compliance with MSU Internal Audit and IRS regulations. Please verify the EIN #, and make sure required signatures (directions on form) are complete. Reports that are not complete will be returned to you. If you have questions about something on the report, please call or e-mail and ask us.

This is a very important document that must be completed, signed by your treasurer and two other individuals by two different families, then turned-in to the Extension office by **October 28th**.



## **BEEF SEMINAR**

There will be a Beef Seminar & LQA on **TUES, Oct 27<sup>th</sup>** in the Country Kitchen on the fairgrounds at 5:45pm.

All beef project members, parents & leaders are strongly encouraged to attend, but those who are taking the beef project for the 1<sup>st</sup> time **MUST** attend.

**If you're even thinking about taking a beef project and this is your first time taking beef, be sure you attend this meeting. This meeting is mandatory for all 1st year beef project members.**



## **FOODS FAIR PLANNING MEETING**

There will be a Foods Fair planning meeting on **Mon, Nov 30<sup>th</sup>** in the 4-H building on the fairgrounds from 5:45-6:30pm

Please send a representative from your club to this meeting.

**Foods Fair will take place on January 30th at the Kalispell Center Mall**

# Montana State University Extension Service 4-H AMBASSADORS



## Plug Into the 4-H Ambassador Program

### ATTENTION all 4-H Members 13yrs and Older!!

#### BECOME ONE OF OUR FLATHEAD 4-H AMBASSADORS!!

**What is a 4-H Ambassador??** - 4-H Ambassadors are official envoys, representative spokespersons of the 4-H Program. A 4-H Ambassador is a self-motivated, enthusiastic leader who promotes the 4-H program to fellow members, area residents, community leaders, elected officials and non 4-H youth. A 4-H Ambassador serves to strengthen the 4-H program through public relations.

Ambassadors receive training and demonstrate their skills in leadership, citizenship, and civic engagement through public presentations, life skill development workshops, and service learning projects. These youth exemplify the "learn by doing" credo of experiential learning and advance the 4-H motto, "to make the best better."

**What am I committing to as a 4-H Ambassador??** - There will be approx. 6-8 meetings a year with County Agent Tammy Walker and Samantha Braaten. As a 4-H Ambassador, you will be expected to attend a few events and activities throughout the year. You won't have to do them all, but some of your options for participating are Foods Fair, County Congress, Livestock Weigh-In's, State Congress, 4-H Board Meetings, County Club Meetings and Battle of the Barns (*just to name a few*).



MSU Extension Service—Flathead County

Tammy Walker  
4-H & Youth Development Agent  
[Tammy.walker1@montana.edu](mailto:Tammy.walker1@montana.edu)

Phone: (406) 758-5553

Web: <http://flathead.mt.gov/extension>

State Web Sites: [www.montana4h.org](http://www.montana4h.org)

#### **When & Where are the meetings?**

**Thursday Oct. 29, Jan. 28, Feb. 25, March 31  
and April 28.**

All meetings will be from **6-7:30pm** in the  
**4-H Building on the Fairgrounds.**

*Applications for 4-H Ambassador can be found at the Extension office or online at*  
[flathead.mt.gov/extension/downloads.php](http://flathead.mt.gov/extension/downloads.php)

The U.S. Department of Agriculture (USDA), Montana State University and the Montana State University Extension prohibit discrimination in all of their programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital and family status. Issued in furtherance of cooperative extension work in agriculture and home economics, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Jeff Bader, Director of Extension, Montana State University, Bozeman, MT 59717

# CONGRATULATIONS

## Codi Sorenson!!

Codi Sorenson is the 2014-2015 recipient of the  
**Montana State Tribute to Volunteer Excellence Award**

Also, because of her amazing dedication to our county & state 4-H programs, she has also been nominated to represent MT for the National 4-H Leader Volunteer of Excellence Award.



*"Codi Sorenson has dedicated countless hours to ensuring that our Flathead Horse program is one of the strongest and best in the state. Because of her tenacity and complete dedication to the success of 4-H youth and 4-H leaders, Codi has made enormous impacts in her local 4-H club, as well as our county and state's horse program. In 2012 Codi introduced the idea of hosting the State Horse Show. She worked with 4-H leaders, youth and a multitude of community residents to attain buy-in for this endeavor, and in 2013 and 2014, Flathead County hosted two of the most successful State 4-H Horse Shows that Montana has ever seen. Without Codi's vision, hard work and diligence in guiding us all, I can assure you that we would not have had the wherewithal needed to get the job done." ~ Tammy Walker, Flathead County 4-H Agent*

*"I served as the Texas Extension Horse Specialist for over 25 years where we gave lead to over 1000 leaders in the Texas 4-H Program. My wife and I served as 4-H leaders to our local 4-H horse club for 15 years. I have worked with 4-H horse leaders all over the US. I have judged and taught in Montana over 10 time over the past years. I have known and witnessed Codi as a 4-H exhibitor, 4-H rep. and then young adult on the State 4-H Horse Committee, local 4-H leader, State Show Coordinator, curriculum developer, State Junior and 4-H Horse Leader Training Coordinator, etc. She is in the top 5% of the leaders I have worked with in my 40 years of doing 4-H horse work. She is: Passionate about kids and horses and loves both; Knows the 4-H program inside and out and achieves/lives its goals; Knowledgeable in all areas of horse subject matter; Knowledgeable in the developmental stages of kids; Understands how to make competition an asset not a liability; A great leader that others will work for and want to follow; Organized to get things done while teaching all around her; Project area developer (ie. Montana Ranch Horse Program); A great creative teacher; Cares about all kids in the program regardless of their status." - Dr. Doug Householder, Professor and Extension Horse Specialist Emeritus, Texas A & M University System*



**WE NEED YOU!!!** - If you would like to learn more about the Flathead 4-H Horse Project, call Codi Sorenson 250-6865 or come to the next Horse Committee Meeting on January 12th at 5:45 at the Extension office. The horse committee is looking for youth and adults who would like to help.







# CONGRATULATIONS TO ALL OUR 2015 4-H STATE HORSE SHOW WINNERS!!

## Showmanship - 8-10yrs

*Cheyenne Johnston - 4th place*

## Showmanship - 11-13

*Blayke Foppiano - 1st place  
Chloe Erb - 5th place*

## Bareback Equitation - 8-10yrs

*Cheyenne Johnston - 1st place*

## Bareback Equitation - 11-13yrs

*Cortnee Anello - 7th place*

## Western Horsemanship - Lev1

*Clarissa Erb - 1st place*

## Western Horsemanship - Lev2

*Chloe Erb - 1st place  
Quindy Gronley - 4th place  
Ella Johnson - 8th place*

## Western Horsemanship - Lev4

*Cortnee Anello - 1st place  
Blayke Foppiano - 6th place*

## Western Equitation - 8-10yrs

*Quindy Gronley - 2nd place  
Cheyenne Johnston - 3rd place*

## Western Equitation - 11-13yrs

*Blayke Foppiano - 7th place*

## Western Walk-Trot Equitation

*Clarissa Erb - 2nd place*

## Western C2M Lv2/Green Horse Lv1

*Brandon Watne - 8th place*

## English Horsemanship - Lev1

*Gabriella Johnson - 1st place*

## English Equitation - 11-13

*Cortnee Anello - 6th place*

## English Walk-Trot Equitation 1

*Gabriella Johnson - 1st place*

## Junior Trail 8-10yrs

*Cheyenne Johnston - 3rd place*

## Intermediate Trail 11-13yrsyrs

*Blayke Foppiano - 3rd place*

## Short Stirrup Level 1

*Clarissa Erb - 2nd place*

## Short Stirrup Level 2-3

*Chloe Erb - 7th place  
Cheyenne Johnston - 8th place*

## Freestyle Reining

*Cortnee Anello - 8th place*

## \*\*Coach Codi's Honorable Mention

*Cassidy Norick - "most improved rider"*

## Bowl for Kids' Sake 2015 November 8 at Pick's Bowling Center in Bigfork

**Bowling times are 11:00am, 12:15pm, 1:30pm, 2:45pm, and 4:00pm**

**Contact:** 752-0092 or email [linda@bbbsfc.org](mailto:linda@bbbsfc.org), check our website at: [www.bbbsfc.org](http://www.bbbsfc.org)

The theme this year is **SUPER HEROES!** (feel free to dress up)

It's not about bowling! It's about coming together with friends to support the life-transforming mentoring programs that Big Brothers Big Sisters of Flathead County provides area youth

## Lanes fill up fast, so get your roster in early! - 752-0092

Consider challenging another team to a little friendly competition.

\$50 gift card for \$500 plus in pledges

\$100 gift card for \$1000 plus in pledges

Bowl for kids' Sake is an easy and fun way to make a difference for our valley youth. It's a party with your team of friends. It's not your skill or your score that counts – it's your effort! For bowlers and sponsors alike, the greatest satisfaction comes from knowing you've helped kids in the community.

**No pledges to collect!**

**Your sponsors will be billed by Big Brothers Big Sisters.**

**Your team will enjoy:  
Free bowling and shoe  
rental!**

**Free Pizza!  
Free Pepsi!  
Free T-shirt!**



**BOWL  
FOR KIDS' SAKE**

Start Something for Kids in Your Community.



# ATTENTION Cloverbud Parents!

# CLVERBUDS

"Cloverbuds" are 5-7yr old kids who do fun 4-H stuff!

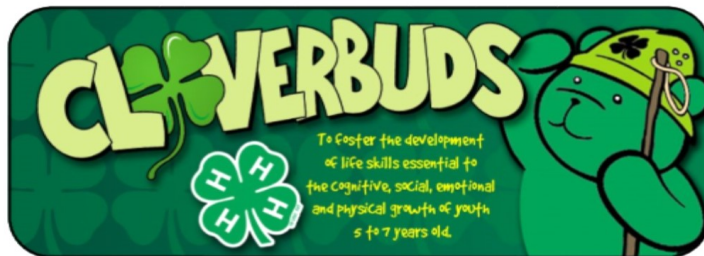
ALL 5-7yr olds who would like to be a 4-H Cloverbud are invited to join our monthly

Cloverbud meetings in the **Country Kitchen** on the Fairgrounds. Meetings will take place from 5:30-7pm on Thursday, Oct. 29; Jan 28; Feb 25; and March 31.

**\*\*This year there will be a supply fee of \$3 per person, per meeting; due at the start of each meeting\*\***

**So mark your calendars, grab \$3 and Come Join us!!**

*You're welcome to bring food if you wish to eat during the meeting.*



For more information, call our 4-H Extension Agent

Tammy Walker at 758-5552 or

Email: [tammy.walker1@montana.edu](mailto:tammy.walker1@montana.edu)

**FIVE GUYS®**  
FAMOUS  
BURGERS and FRIES



**Five Guys will be donating 15% of their earnings to the 4-H foundation on Thursday, Oct 8 from 5-7pm.**

## TRICK OR STALL

The Rocky Mountain Blue Ribbon 4-H Club is hosting the first annual **TRICK OR STALL** at the Flathead

County Fairgrounds. Contact Kim Morrison 406.314.3732 or Tia Robbin 406.250.9659 if your

club is interested in decorating a Halloween theme stall and passing out candy to all the trick-or-treaters.

Deadline to register is Oct. 15.





# 4-H Shooting Sports

*Learn by Doing*

## Enrollment Process for ALL Flathead 4-H Shooters

**ALL SHOOTERS - new & returning** who wish to sign-up for the 4-H Shooting Sports in Kalispell under the grandstands at the fairgrounds -- call Kristi Davis now to get your shooting day & times scheduled -- 253-4303. Then, **go to the 4-H Building on the fairgrounds during one of the following dates & times:** Saturday, Oct. 3 or Saturday, Oct. 10 -- both days between 12 & 4pm.

**Returning shooters** -- you need to go by the fairgrounds during one of the times listed above and complete your re-enrollment paperwork and pay your 4-H enrollment dues & fees. 4-H Enrollment fees are \$20; Postal fees are \$10 and shooting fees are \$2 per night for 13wks. If needed, shooting fees can be paid each time they shoot or all at once).



**ALL SHOOTERS - new & returning** ~~ when you go to the fairgrounds to enroll during one of the times listed above, you will need to sign release forms so be sure to bring a parent or guardian. *Kids do not have to attend but parents & guardians must attend in order to sign forms.*

**ALL SHOOTERS - new & returning** ~~~ there will be a 2015-2016 shooting sports orientation meeting on **Nov. 16<sup>th</sup> at 7pm in the Country Kitchen on the fairgrounds**. All members should plan to attend in order to receive updated information regarding the new shooting year.

The first night of shooting will be on Thursday, November 19<sup>th</sup>. **No one will be allowed to shoot unless all their paperwork has been completed.**

There will be no shooting on Thanksgiving. There will be no shooting from Dec. 21-Dec. 25. Shooting will resume during the week of the 28<sup>th</sup> – 31<sup>st</sup>.

Please call Kristi Davis if you have any questions: 253-4303 ([davisgka@gmail.com](mailto:davisgka@gmail.com))

## Order your 4-H T-shirt or Sweatshirt in time for Christmas!

- T-shirt (YS – AXXL) - \$15.00
- Hoodie Sweatshirt (YM-AXXL) - \$32.00

Add a personalized saying onto the back for an additional cost of \$3-5.00.

To order contact Kim Morrison 406.314.3732 or Tia Robbin 406.250.9659. Orders placed by Nov. 30 will be delivered free before Dec. 21. Please make checks to the *Rocky Mountain Blue Ribbon 4-H Club*





# Market Livestock Project

To participate in the NWMT Fair market sale, Market Livestock project members must comply with the following:



- Be **enrolled and in good standing** in an active community 4-H Club and be working closely with a livestock leader. This means that you have complied with all club and county expectations and that you have paid all registration fees.
- Submit a signed copy of the **Market Livestock Commitment** form to your club leader by the deadline listed.
- Participate in **Species Seminars** in your first year of taking the market animal. **Livestock Quality Assurance** training will also be included in those seminars. You must have LQA once as a Jr. Member & once as a Sr. Member (Jr. members = 8-12; Sr. members = 13-18). All members are welcome to attend seminars as often as they'd like; however, it is mandatory to attend in your first year selling that species.
- Ensure that your animal is **weighed & tagged** as dictated by the program. Each 4-H member **may tag up to two** animals in each market livestock project. Tagging paperwork must be completed & turned-in to the Extension office by the deadline posted. Last day to replace livestock: steers - Jan. 31; hogs - May 31; lambs - June 30. On your tagging paperwork, you will need to declare the tag number of your primary and your secondary animal if you have a back-up. Once you declare, you are committed to that/those animals: *siblings cannot swap primary or secondary livestock.*
- In July, complete & turn-in a signed copy of **Commitment to Excellence/Drug Withdrawal** forms (*this is a two-sided form*) to your club/livestock leader. You also need to have **updated records** for your market livestock project(s) and one other project for your club/livestock leader to review. **Be sure to keep records on your primary AND your back-up.**
- On or before Aug. 1, **register your fair projects with the fair office** by completing fair paperwork; either in person or online (go to [www.nwmtfair.com](http://www.nwmtfair.com) for registration info). Your leader does NOT do this for you.
- You may bring **only 1** hog or 1 sheep or 1 steer to the fair. If you have a primary & a back-up, you can choose which one you're bringing on the morning of check-in. \***See annual NWMT Fair book for all fair rules & expectations**
- All market animals will be weighed on Monday of the fair. Bring \$35 to pay for the livestock sale. No one is allowed behind the barriers during weigh-in except for the 4-H member whose animal is being weighed. If your animal does not make weight, you can stay at the fair and participate in showmanship and feeder market classes, but you cannot sell.
- If you sold in the market, photos of you and your animal will be made ready for you to take to your buyer after fair. The **buyer's thank you form** needs to also be taken and signed by anyone at the buyers location. This form must be returned to the Extension office by Dec 1.
- **Annual Awards Ceremony** will take place at the end of Aug/beg of Sept. Be sure to attend this ceremony so you can be recognized for all your hard work and support others who are being recognized. Afterwards, be sure to thank all sponsors of awards that you received.
- September is the last month of the 4-H year. During that time you should have your records and bookwork for all **4-H projects complete and submitted to your club leader.**

## Horse Project



To participate in the 4-H Horse project, members must comply with the following:

- Have an updated **Horse Card** on file: by June 1. If you've changed horses or projects, please update your horse card. Last day to make changes to your horse project is June 1.
- Have a signed **Horse Project Release** Form and a **Horse Helmet Policy & Acknowledgement** Form on file. Watch *Every Time, Every Ride Video* once every other year.
- **Assessments:** Each horsemanship manual has level assessments included in them. Review these with your certified horse leader (all horse members must have a certified horse leader that they're working with) and turn-in assessments when you're ready to move to the next level. Members will compete in the level they are working in; ex: if assessed out of level2, the member will compete in level3. Assessments due by June 1st.
- **Clinics:** Members must attend at least one 4-H horse clinic a year. Approximately 5-6 clinics will be offered every year. Dates & subjects of clinics will be announced throughout the year. Last opportunity to obtain a clinic will be June 1.

## Market Livestock Sale 2015 Budget- approved June 17, 2015

**Income****2014 Budget**

Hogs	\$35	130	\$4,550
Lambs	\$35	50	\$1,750
Beef	\$35	25	\$875
Total		205	\$7,175

			2015 Budget	2015 Actual*
Weigh-in			\$ 7,175	\$ 8,330
Resale			<u>\$ 3,200</u>	<u>\$ 5,022</u>
Total Income			\$ 10,375	\$ 13,352
<b>Expense</b>				
Auctioneer				
	Vessar		\$ 350	\$ 350
	Roshon		\$ 350	\$ 350
Boards				
	Montana Scale Co - Certify Scale			\$ 300
	Beef carcass evaluation		\$ 100	\$ 167
	Ultrasound		\$ 1,700	\$ 1,929
	Beef Board		\$ 100	\$ 82
	Pork Board		\$ 560	\$ 745
	Lamb Board		<u>\$ 60</u>	<u>\$ 100</u>
			\$ 2,520	\$ 3,323
Printing, Postage, Photo				
	J2	(Index Cards)	\$ 18	\$ 11
	Insty	(Buyers Forms)	\$ 110	\$ 133
	Insty	(Sales Flyers & Envelopes)	\$ 130	
	Insty	(Letterhead)		\$ 139
	J2 - paper	(Thank-you Form)	\$ 50	
	J2	(Paper-Sale Fliers)		\$ 42
	Towne Printer	(Stock Sale Certificates)		\$ 187
	Walgreen's	(Student's Photos)		\$ 46
	Photo Video Plus		\$ 189	
	Kalispell Public Schools/Insty Prints		\$ 300	\$ 436
		(Market Sale Books)		
	Ear Tags		\$ 390	\$ 507
	Pens	(3 year supply)	\$ 400	\$ 288
	Volunteer Food		\$ 30	
	Copies/Postage		<u>\$ 170</u>	<u>\$ 292</u>
			\$ 1,787	\$ 2,081
Awards				
	Silvertip Engraving		\$ 65	\$ 66
Ads				
	Daily Inter Lake-Thank You		\$ 750	\$ 310
	Beacon-Thank You		<u>\$ 750</u>	<u>\$ 264</u>
			\$ 1,565	\$ 640
Resale			<u>\$ 3,200</u>	<u>\$ 5,022</u>
Buyer Meals				
	4H Breakfast & FFA Lunch		\$ 400	\$ 400
	Buyer's Lunch	Luncheon for Focus Group of Buyers	\$ -	\$ 175
Gas			\$ 100	
<b>Total Expenses</b>			<u><b>\$ 10,272</b></u>	<u><b>\$ 12,340</b></u>
Income			\$ 103	\$ 1,012



## Upcoming 4-H Meetings and Special Events



### Upcoming Activities & Other Meetings

- ◇ 4-H Shooting Sports enrollment: *Oct 3 or 10th; 12-4pm*
- ◇ National 4-H Week: *October 4-10*
- ◇ Five Guys sponsor night for Foundation: *Oct 8th; 5-7pm*
- ◇ Trick or Stall registration due: *October 15*
- ◇ Backyard Poultry Workshop: *October 17; 9-12pm*
- ◇ Beef Seminar & LQA: *October 27th; 5:45pm*
- ◇ Club Treasury reports due: *October 28th*
- ◇ Ambassador Mtg: *October 29th; 6-7:30pm*
- ◇ Cloverbud Mtg: *October 29th; 5:30-7:00pm*
- ◇ Project Interviews: *November 4th; 3:30-6:30pm*
- ◇ Foods Fair Planning Mtg: *November 30th; 5:45pm*
- ◇ Market Thank You deadline: *Dec 1*

### Forums, Committees & Councils

- Ag/Livestock Committee: *Thursday, Dec. 3rd at 5:30pm in the 4-H Building at the fairgrounds*
- Flathead 4-H Foundation: *Thursday, Dec 3rd at 6:45pm in the 4-H Building at the fairgrounds.*
- 4-H Horse Committee: *Tuesday, Jan 12th at 5:45pm in the Extension office conference room.*

### WELCOME Larry & Brenda Gray!!



Larry & Brenda have recently joined our Flathead 4-H family as our new Camp Managers.

Dear Flathead 4-H members, leaders & families:

The Flathead County MSU Extension Office will be periodically **closed** during the following Oct. dates due to minimal staff and a number of off-site meetings & trainings.

Oct. 12-14. – late openings & early closures

Oct. 15-16 - office closed

Week of Oct. 19 – 23rd – office open but Tammy will be in Bozeman all week

If you need personal attention please set up a specific appointment time with Pat or Tammy. Please leave paperwork in basket or leave in mailbox on front of building for confidential information.

Thank you,

*Patricia McGlynn*

Montana State University  
Agriculture Extension Agent  
pmcglynn@flathead.mt.gov  
Phone: 406-758-5554

*Tammy Walker*

4-H & Youth Development Agent  
MSU Extension, Flathead County  
tammy.walker1@montana.edu  
(406) 758-5552 phone







## MSU Extension Service – Flathead County

### Patricia McGlynn

Agriculture, Natural Resource & Community  
Development Extension Agent

### Tammy Walker

4-H & Youth Development Agent

### Dee Dryden-Cooper

Support Staff

### Nancy Roberts

SNAP Educator

### Address:

1108 South Main Street  
Kalispell, MT 59901

**Phone:** (406) 758-5553

**Fax:** (406) 758-5881

**Email:** [extension@flathead.mt.gov](mailto:extension@flathead.mt.gov)

**Web:** <http://flathead.mt.gov/extension>

### State Web Sites:

[www.msuextension.org](http://www.msuextension.org)

[www.montana4h.org](http://www.montana4h.org)

## SNAP Recipe of the Month



### Apple Squares

Prep Time: 25 mins. Cook Time: 30mins. Ready in 55 mins.

#### Ingredients:

1 cup sifted all-purpose flour  
1 egg  
1 tsp baking powder  
1 tsp vanilla extract  
¼ tsp salt  
½ cup chopped apple  
¼ tsp ground cinnamon  
½ cup finely chopped walnuts  
¼ butter or margarine, melted  
2 TBSP white sugar  
½ cup packed brown sugar  
2 tsp ground cinnamon  
½ cup white sugar



#### Directions:

Preheat oven to 350F. Grease a 9x9 pan. Sift together the flour, baking powder, salt, and a ¼ tsp of cinnamon. Set aside.

In a large bowl, mix together melted butter, brown sugar and ½ cup of white sugar with a spoon until smooth. Stir in the egg and vanilla. Blend in the flour mixture until just combined, then stir in the apples and walnuts.

Spread the mixture evenly into the prepared pan. In a cup or small bowl, stir together the remaining cinnamon and sugar. Sprinkle over the top of the bars.

Bake for 25 to 30 minutes in the preheated oven. Finished bars spring back when lightly touched. Cool in the pan and cut into squares.

#### Nutrition Facts:

Calories	143	Carbohydrates	22.1 g
Cholesterol	19 mg	Fat	5.7 g
Fiber	0.7 g	Protein	1.8 g
Sodium	94mg		

Supplemental Nutrition Assistance Program Education enables young families, single recipients and seniors to learn how to best use their food stamp dollars in providing healthy nutrition for themselves and their families. Adults can sign up for a 6 week course that is fun and provide the basic concepts of good nutrition. The only requirements to join in the classes are: that a person is receiving WIC assistance; either receiving food stamps or are eligible to receive them; or are getting commodity foods. Please call Nancy at the Flathead County Extension office at 758-2448 to sign-up for classes.

The U.S. Department of Agriculture (USDA), Montana State University and the Montana State University Extension prohibit discrimination in all of their programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital and family status. Issued in furtherance of cooperative extension work in agriculture and home economics, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Jeff Bader, Director of Extension, Montana State University, Bozeman, MT 59717